



PALMYRA ELEMENTARY SCHOOL LUNCH MENU

February 2011



BREAKFAST MENU

Monday

Assorted Cereal w/
Toast

Tuesday

Ham, Egg, Cheese on
an English Muffin

Wednesday

Cinnamon Bun

Thursday

Honey Wheat Bagel
w/ Jelly

Friday

Pancake Wrap

Daily Breakfast

Choices:

~Assorted Whole
Grain Cereals with
Toast

~Variety of Fresh
Bagels

~Hot Entrée


All breakfasts served
with
Fruit and
Low Fat Milk

Menu

Subject to Change



www.gotoinnutrition.com

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SECOND CHOICE</u>
Jan 31 Cycle Day 5 Turkey Club Sandwich Potato Wedges Chilled Peaches	1 Cycle Day 6 Hotdog on Bun Baked Beans Cinnamon Applesauce	2 Cycle Day 1 Lasagna (Marinara Sauce, Ground Beef, & Mozzarella Cheese) Side Salad Dinner Roll Sliced Peaches	3 Cycle Day 2 Hot Pork Sandwich Mashed Potatoes w/ Gravy Chilled Pears	4 Cycle day 3 Italian Grilled Cheese w/ Marinara Sauce Steamed Green Beans Mixed Fruit	MONDAY Golden Chicken Nuggets w/ fresh Roll
7 Cycle Day 4 Salisbury Steak w/ Gravy Scallop Potatoes Dinner Roll Mandarin Oranges	8 Cycle Day 5 Chicken Caesar Wrap Potato Wedges Pineapple Tidbits	9 Cycle Day 6 Cougar Bowl (Mashed Potatoes, Corn, Popcorn Chicken, & Gravy) Dinner Roll Petit Banana	10 Cycle Day 1 Beef Chili Side Salad Garlic Toast Tropical Fruit Blend	11 Cycle Day 2 Turkey Club Sandwich Vegetable Soup Fruit Cocktail	TUESDAY Cheeseburger on a Bun
14 Cycle Day 3 <i>Valentine's Day</i> Nachos w/ Seasoned Beef Lettuce, Tomato, & Cheese Cup Hispanic Rice Diced Peaches *Cookie*	15 Cycle Day 4 Chicken Fajitas Seasoned Green Beans Petit Banana	16 Cycle Day 5 Beef Stroganoff (Egg Noodles, Ground Beef, Stroganoff Sauce) Fresh Vegetable Medley Slice of White Bread Cinnamon Applesauce	17 Cycle Day 6 <u>Breakfast for Lunch</u> French Toast Sticks Sausage Patties Potato Rounds Orange Quarters	18 Cycle Day 1 Chicken Fries Steamed Corn Apple	WEDNESDAY Corn Dog on a Stick 
21 NO SCHOOL	22 Cycle Day 2 Philly Cheesesteak Potato Wedges Mixed Fruit	23 Cycle Day 3 Fish Nuggets Wheat Bread Slice Carrots & Celery Sticks w/ Dip Orange Quarters	24 Cycle Day 4 Taco Pie Side Salad Slice of Whole Wheat Bread Mandarin Oranges	25 Cycle Day 5 Hot Ham & Cheese Sandwich Honey Glazed Carrots Chilled Pears	THURSDAY Breaded Chicken Patty Sandwich
28 Cycle Day 6 Ham Steak Au Gratin Potatoes Dinner Roll Pineapple Tidbits	Food Service Director Alaina Avery 717-838-1331 Email: alaina_avery@pasd.us		Available Daily at Lunch: A wide variety of fresh fruits and vegetables. <u>Milk Choices:</u> Skim, 1% Flavored, 2% White		FRIDAY Our Own Pizza